

Tumble Times

Kokokahi Gymnastics

January 2019

43rd Annual Aloha Gym Fest

Join us in celebrating gymnasts from all over the world at Kokokahi's 43rd annual Aloha Gymfest held at Le Jardin Academy in Kailua. Over 450 Gymnasts will come together to compete in Hawaii from the mainland, Canada, Alaska, Japan, and Australia.

Our four decades make this the longest continuously held invitational in the United States.

Following the competition, it is tradition to take over Kailua beach and have a big beach cookout for the Holiday!



Theme of the Month: January DREAM BIG, SET GOALS, TAKE ACTION



This month we will be teaching and encouraging all students to set goals. With the new year here, we want to

encourage everyone, all ages, to have dreams, set goals and make a plan to take action.

BOYS CLASSES NOW AVAILABLE

Beginning January 3rd we are starting a boys program. The boys' program will be basic fundamentals of gymnastics, strength, flexibility, focus, and will include parkour. Sign up your boys and bring them in to let out some of that wild energy while also learning and growing.



BRING A FRIEND WEEK

January 21-26th

All Kokokahi Gymnastics students are invited to bring a friend to class with them during the week of January 21 to January 26th,

Bring a Friend Week is an opportunity for your child's friends to participate in a class at no cost! Come in for some fun, friends, and games.

Invitations will be distributed in class the week prior and all friends must complete the waiver in order to participate.